

DINNER

Mango Mahi Seviche

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	5	\$3.79	126 kcal

Need a gluten free, dairy free, paleolithic, and primal main course? Mango Mahi Seviche could be a tremendous recipe to try. This recipe serves 5 and costs \$3.79 per serving. One serving contains 126 calories, 18g of protein, and 1g of fat.

Ingredients

- ☐ ¼ teaspoon black pepper
- ☐ ¾ cup fresh lemon juice
- ☐ 1 cup diced peeled mango
- ☐ 1 cup diced red bell pepper
- ☐ ½ cup chopped cilantro
- ☐ 1 pound mahimahi fillet, cut into thin slices
- ☐ 1 cup vertically sliced onion
- ☐ ¼ teaspoon salt, divided

EQUIPMENT Bowl

Method

- 1

Combine the onion, juice, 1/8 teaspoon salt, and fish in a large bowl.
- 2

Let stand 10 minutes.
- 3

Add the remaining 1/8 teaspoon salt, mango, red bell pepper, cilantro, and black pepper; toss gently to coat. Cover and chill 1 hour.

Nutrition per serving

126

KCAL

18 g

PROTEIN

1 g

FAT

12 g

CARBS

Saturated Fat	0.3 g · 2% of daily needs
Fibre	1.9 g · 8% of daily needs
Sugar	8.1 g · 9% of daily needs
Sodium	200 mg · 9% of daily needs
Cholesterol	66.2 mg · 22% of daily needs
Vitamin C	67.1 mg · 81% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/mango-mahi-seviche-148379